

STATE OF CALIFORNIA
DEPARTMENT OF PUBLIC HEALTH

WALTER M. DICKIE, M. D., DIRECTOR

Weekly



Bulletin

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GUY P. JONES
EDITOR

Danger In "Slenderizing."

In a radio talk given recently by the New York State Department of Health it was said the present day fad of extreme slenderness among girls under twenty has been and still is a serious problem.

"Slenderizing for ill health, or slenderizing for health is a choice that must be considered when loss of weight is desired. Many things are to be weighed beside pounds of flesh. The general condition of one's health, presence of overweight measured according to accepted weight standards and not one's desire, age and the method of reduction followed, are all factors to be considered.

"If you desire to slenderize, first have a thorough physical examination by your family physician and let him decide as to the necessity or desirability for so doing. If he approves, then have him recommend a method of reducing to suit your particular needs.

"In order to maintain health, nutrition and normal growth, and by growth is meant not mere increase in bulk, but growth and replacement of living cells, there must be taken into the body food that contains the proper elements and in sufficient amounts. Any diet that is unsuited for the pro-

motion of growth in the young will not be satisfactory for the maintenance of health in the adult

"Diet needs wise control and supervision. Remember that habit is a large factor and judgment must be developed that will dictate how much to eat. We consume energy in the form of food, and we expend it in the form of activity or heat; therefore, a balance is maintained by proper selections and amounts of food. These should be taken with regularity and should contain meats, fish, eggs, beans and peas for repair, fat, sugars and starches for heat, greens and vegetables for mineral salts. Some foods contain minerals, also vital elements called vitamins, that are essential to health at all ages. These are present in varying quantities and are necessary for growth and maintenance of the greatest amount of vigor and efficiency.

"Children, adolescents and old people do not stand weight reduction well. Persons under seventeen should never restrict themselves to a diet which will not maintain their weight. Boys of fifteen to sixteen years of age need and consume considerably more food than does the sedentary adult.

"One little realizes the full effect of undernourishment. The entire body is affected. Youthful characteristics quickly disappear signs of age,

such as thinning of the hair with changes in its texture as also in that of the skin, an upset nervous system, loss of efficiency, lessened resistance to infection follow in its train.

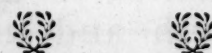
"Exercise is an essential part of weight reduction but this, too, should be prescribed for the individual. It should be recommended with caution, particularly for those unaccustomed to it. It must be moderate in the beginning. After some reduction has taken place, it may be increased as the work of the heart is lessened by the decreased weight.

"For weight reduction adopt safe and sane methods, though they work a little more slowly. Do not undermine your health in unwise reducing. Combine a safe diet, both as to quantity and content, with exercise and your scales will give you a satisfactory reading in due time."



Institute Is Pronounced Success.

The Public Health Institute held under the auspices of the Northern California Public Health Association in San Francisco, beginning May 28th, is an unqualified success. More than 1200 people have attended the sessions during the first five days. Dr. Haven Emerson of New York City, who is conducting the institute, contributes immeasurably to the success of the meetings. Dr. Wm. C. Hassler, President of the Association, presides at each session with a representative local physician and public health worker as chairman. Local workers also enter the afternoon discussions which are designed for those engaged professionally in public health work. The evening sessions are open to the general public. The institute will close June 8th.



Alien Lepers May Be Deported.

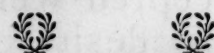
Alien lepers in California, eligible for deportation on the next eastbound deportation party which leaves San Francisco June 22, 1928, should be provided with necessary permission for removal from the state. Health officers who have such lepers under their care should communicate with the Director of the State Department of Public Health, at once, in order that arrangements for deportation may be completed in ample time.

Damaged Hearts Found in Children.

The infectious diseases are very often responsible for heart disease in children. Frequent sore throat, diphtheria, scarlet fever and other infectious diseases may produce damage to the heart. Children who tire easily, who complain of "growing pains" or other indefinite pains and children who are "nervous" should be examined carefully by a skilled practitioner of medicine in order to determine if they may be suffering from a damaged heart.

As a rule, such children recover without difficulty if the hidden source of the disease is discovered and corrected. This procedure, together with proper rest and proper food, nearly always produces the desired results. The examination of children suspected of having heart disease includes a search for decayed teeth, infected nose and throat, examination of the middle ear and gastro-intestinal tract. Only a skilled practitioner of medicine is competent to make the necessary examinations in such cases.

The Parent-Teacher Association, with which the Bureau of Child Hygiene of the California State Department of Public Health is cooperating, provides complete physical examinations free of cost for all children who will enter school next fall. Parents whose children have suffered from any of the communicable diseases during infancy should take advantage of the opportunity provided through these examinations, in order that any beginning of heart disease or other complications may be discovered and steps be taken for their correction.



"Health News," published by the New York State Department of Public Health prints the following health prayer which was found in an old English cathedral at Chester in Cheshire County:

Give me a good digestion, Lord,
And also something to digest,
Give me a healthy body, Lord
And sense to keep it at its best.

Give me a healthy mind, good Lord,
To keep the good and pure in sight
Which seeing sin is not appalled
But finds a way to set it right.

Give me a mind that is not bored,
That does not whimper, whine or sigh,
Don't let me worry overmuch
About the fussy thing called I.

Give me a sense of humor, Lord
Give me the grace to see a joke.
To get some happiness from life
And pass it on to other folk.

Communicable Diseases May Leave Many Defects.

More than half of the cases of serious illness, due to communicable disease, that occur among children are found in those who are not yet old enough to go to school. This is contrary to the idea that most people have, for it is generally thought that children are seldom attacked by communicable disease until they begin their attendance at the public schools. As a matter of fact, however, pneumonia, measles and whooping cough are especially prevalent among very young children and these diseases almost always leave unfavorable after-effects.

Children who have had these diseases during infancy, and also all children who are apparently well, should receive thorough physical examinations before entering school. Such examinations will discover any defects that may be present as a result of communicable disease suffered in infancy. Their discovery will give an opportunity for correcting them before the child enters school in the fall.

No child who is physically handicapped can compete on an even basis with school children who are physically sound. It is not fair to permit a handicapped child to enter school where he will be obliged to cope with children who are physically fit. Such children, as well as children who to all appearances are perfectly well, should be brought to the conferences conducted by the Parent-Teacher Association and the Bureau of Child Hygiene of the California State Department of Public Health. Physical examinations of children of preschool age are made at these conferences, free of cost.

School Work Demands Good Eyes and Ears.

Eyes and ears have much to do with the health and normal development of children. Many a child who appears to be slow or dull in his school work is suffering from faulty vision, and many a child who appears inattentive, dull and backward, only seems to be stupid because he is unable to hear well. No child with defective vision or defective hearing can possibly compete in school work with children who have normal hearing and normal vision. It is not right to permit any child to enter school before correcting any

handicaps associated with inability to see well or to hear well.

The eyes should receive careful attention and cases of nearsightedness or farsightedness should be corrected by proper glasses. Furthermore, the child before entering school, should be trained in the proper care and use of his eyes. He should be taught to read only under proper lighting conditions and he should be instructed to hold the book or paper so as to prevent any possible eye strain.

Ears that are healthy require little care but careful examination of the ears is necessary before entrance to school in order that any diseased condition which may lead to deafness may be discovered. The parent frequently overlooks discharging ears, and pain in the ear is regarded, too often, as simply "earache" and nothing is done to discover its cause. A great many children are deaf because of neglected colds and discharging ears, and sometimes deafness may be caused simply by the excessive accumulation of ear wax. All of these conditions may be discovered by a skilled medical examiner and corrected in time to be of great benefit to the child. Many children who have appeared stupid and were backward in their school work have changed into bright, alert, active students after their faulty hearing and faulty vision were corrected.

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There is no sound distinction between prevention and cure, except that prevention is a cure really effected in time and that so-called cure is too often delayed prevention.—Dr. C. E. A. Winslow.

❖ ❖ MORBIDITY.*

Diphtheria.

74 cases of diphtheria have been reported, as follows: Berkeley 1, Oakland 11, Brawley 1, Los Angeles County 2, El Monte 2, Long Beach 2, Los Angeles 17, San Gabriel 1, Santa Monica 1, Whittier 1, Torrance 2, Orange County 1, Huntington Beach 1, Santa Ana 2, La Habra 1, San Bernardino County 2, Colton 1, San Bernardino 1, San Francisco 14, San Joaquin County 1, Stockton 1, San Mateo County 2, Menlo Park 1, Santa Barbara 1, Santa Clara County 1, Santa Cruz 2, Petaluma 1.

Scarlet Fever.

148 cases of scarlet fever have been reported as follows: Berkeley 5, Oakland 10, Fresno County 2, Fresno 3, Humboldt County 2, Eureka 2, Brawley 1, Calexico 1, Kern County 6, Bakersfield 2, Los Angeles County 6, Alhambra 1, Burbank 1, Compton 2, Glendale 1, Glendora 1, Huntington Park 2, Long Beach 5, Los Angeles 12, Marin County 2, Gustine 3, Monterey County 1, Riverside 8,

*From reports received on June 4th and 5th, for the week ending June 2d.

Sacramento 6, San Bernardino County 3, San Bernardino 1, San Diego County 2, San Francisco 24, San Joaquin County 3, Stockton 12, San Luis Obispo County 1, San Mateo County 1, Santa Barbara County 1, Santa Barbara 1, Santa Clara County 3, Palo Alto 2, San Jose 2, Sunnyvale 1, Benicia 1, Petaluma 1, Tulare County 3, Davis 1.

Measles.

90 cases of measles have been reported, as follows: Butte County 1, Contra Costa County 3, Fresno 2, Kern County 1, Los Angeles County 8, Arcadia 1, Glendale 1, Long Beach 3, Los Angeles 29, Monrovia 1, San Fernando 1, Sierra Madre 2, South Pasadena 1, Whittier 1, Signal Hill 1, Gustine 1, Orange County 1, Huntington Beach 1, Lincoln 4, Riverside 1, Sacramento County 2, National City 1, San Francisco 16, Paso Robles 1, San Mateo County 1, Santa Barbara 3, San Jose 1, Santa Cruz 1.

Smallpox.

35 cases of smallpox have been reported, as follows: Oakland 10, Colusa County 5, Colusa 3, Brawley 1, Kern County 1, Los Angeles City 10, Salinas 1, Sacramento 2, San Francisco 1, Patterson 1.

Typhoid Fever.

13 cases of typhoid fever have been reported as follows: Richmond 1, Calexico 1, Kings County 1, Los Angeles County 1, Los Angeles 3, Riverside County 2, San Francisco 2, Watsonville 1, Yolo County 1.

Whooping Cough.

214 cases of whooping cough have been reported, as follows: Albany 2, Berkeley 5, Oakland 3, Butte County 2, Fresno County 1, Fresno 1, Kern County 10, Lemoore 1, Susanville 2, Los Angeles County 23, Alhambra 3, Compton 1, Glendale 2, Huntington Park 5, Long Beach 9, Los Angeles 46, Monrovia 1, Redondo Beach 1, Santa Monica 2, Sierra Madre 1, Hawthorne 1, South Gate 3, Monterey Park 1, Sausalito 2, Merced 2, Orange County 3, Fullerton 1, Orange 2, Sacramento 8, San Bernardino County 2, Colton 2, San Bernardino 1, San Diego County 6, Oceanside 4, San Francisco 13, San Joaquin County 12, Stockton 17, Santa Barbara 1, Santa Clara County 3, Santa Cruz 5, Lindsay 4.

Meningitis (Epidemic).

3 case of epidemic meningitis have been reported as follows: Sacramento County 1, San Francisco 2.

Poliomyelitis.

6 cases of poliomyelitis have been reported as follows: Berkeley 1, Oakland 1, Brawley 1, Los Angeles 1, Auburn 2.

Rocky Mountain Spotted Fever.

1 case of Rocky Mountain spotted fever has been reported from Modoc County.

Jaundice (Epidemic).

1 case of epidemic jaundice has been reported from Lodi.

COMMUNICABLE DISEASE REPORTS

Disease	1928				1927			
	Week ending			Reports for week ending June 2 received by June 5	Week ending			Reports for week ending June 4 received by June 7
	May 12	May 19	May 26		May 14	May 21	May 28	
Anthrax.....	0	0	0	0	0	0	0	1
Botulism.....	2	0	0	0	0	0	0	1
Chickenpox.....	529	652	592	475	453	394	331	275
Diphtheria.....	87	105	88	74	105	124	141	117
Dysentery (Bacillary).....	2	0	2	0	0	1	1	2
Encephalitis (Epidemic).....	0	3	0	0	0	1	1	1
Food Poisoning.....	1	0	1	0	0	0	0	0
German Measles.....	335	343	261	243	125	94	119	76
Gonococcus Infection.....	172	85	84	82	101	110	117	96
Influenza.....	36	43	55	29	20	23	19	12
Jaundice (Epidemic).....	0	0	0	1	0	0	0	0
Leprosy.....	0	0	1	0	1	0	0	1
Malaria.....	2	2	0	0	0	0	0	0
Measles.....	117	124	97	90	1634	1690	1117	927
Meningitis (Epidemic).....	3	6	3	3	4	5	10	8
Mumps.....	355	314	329	230	228	294	248	199
Paratyphoid Fever.....	0	0	1	0	1	1	0	0
Pneumonia (Lobar).....	58	45	42	33	28	103	44	41
Poliomyelitis.....	8	4	2	6	5	4	8	7
Rabies (Animal).....	15	9	18	11	13	1	4	5
Rocky Mt. Spotted Fever.....	0	0	0	1	0	0	0	0
Scarlet Fever.....	175	160	167	148	220	174	136	164
Smallpox.....	38	30	13	35	43	26	24	16
Syphilis.....	283	186	111	88	96	92	96	129
Tetanus.....	1	2	2	2	0	1	2	1
Trachoma.....	6	3	1	2	9	1	2	3
Trichinosis.....	0	0	0	0	0	0	0	0
Tuberculosis.....	218	183	196	155	233	155	212	191
Typhoid Fever.....	19	18	17	13	9	11	15	9
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	318	361	284	214	252	283	235	223
Totals.....	2780	2678	2367	1935	3580	3588	2882	2505